

Macaroni & "Trees" (Macaroni & Cheese with Broccoli)

Entrée		HACCP Process #2- Same Day Service			Serving Size 1 cup
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Broccoli	2 lb 8 oz				1. Preheat convection oven to 325°F or conventional oven to 350°F. 2. Trim broccoli and cut into 1/2 inch pieces. 3. Bring water and 5 tsp salt to a boil in a large stockpot. Cook pasta for 5 minutes. Add broccoli and cook until pasta is slightly underdone, about 2 minutes more. Drain and transfer to a large bowl. 4. Warm milk in large pot over low heat. 5. Whisk together flour, remaining salt, mustard, paprika and pepper in large bowl. 6. Melt butter in large stockpot over low heat. Increase heat to medium. Whisk in the flour mixture and cook, whisking constantly, for 2
Water		2 gallons			
Whole wheat macaroni	2 lb 10 oz				
Low fat milk		1 gal + 1 qt			
All-purpose flour		2 1/4 c			
Kosher salt		3 Tbsp + 1 tsp			
Ground mustard		1 Tbsp			
Paprika		1 Tbsp			
Ground black pepper		1 tsp			
Salted butter		1 1/2 c			
Garlic powder	Onion	2 Tbsp			
powder		2 Tbsp			
Worcestershire sauce		2 Tbsp			
		5 lb 4 oz			

Cheddar cheese, red.-fat, shredded					minutes. Do not brown. Slowly whisk the warm milk into the flour mixture, whisking constantly. Cook, stirring, until sauce is smooth and slightly thickened, about 7 minutes.
Grated Parmesan cheese		1 1/2 c			7. Stir in garlic powder, onion powder, Worcestershire sauce, Cheddar and Parmesan. Cook, stirring, until cheeses are melted, about 5 min. Remove from heat. 8. Pour sauce over the pasta and broccoli; stir to combine. Divide between two 4-inch full hotel pans. Spray underside of sheets of foil with cooking spray and tightly cover pans. 9. Bake in convection oven 25 min. or conventional oven 30 min. CCP: Hold hot at 135°F or higher.

From: Fresh from Vermont New School Cuisine, Nutritious and Seasonal Recipes for School Cooks by School Cooks

Serving Sizes	Contribution
K-8 1 cup	
9-12 2 cups	1 cup = 1.5 M/MA, 1 oz eq grains, 1/8c dark green vegetable